

Affirmations (Toddler) 3 – 6 years

Little_____, I love watching you grow.

I will be here for you to test your boundaries and find out your limits.

It's okay for you to think for yourself. You can think about your feelings and have feelings about what you're thinking.

I like your life energy; I like your curiosity

It's okay to find out the difference between boys and girls.

I'll set limits for you to help you find out who you are.

I love you just the way you are, little_____.

It's okay for you to be different; to have your own views on things.

It's okay to imagine things without being afraid they'll come true. I'll help you separate fantasy from reality.

I like it that you're a boy/girl.

It's okay to cry even though you're growing up.

It's good for you to find out the consequences of your behaviour.

You can ask for what you want.

You can ask questions if something confuses you.

You are not responsible for your parents' marriage.

You are not responsible for your dad.

You are not responsible for your mom.

You are not responsible for the family problems.

You are not responsible for your parents' divorce.

It's okay to explore who you are.

Now that you've reclaimed your 3 to 6 year old self, spend several days repeating the affirmations to him/her. Add the affirmations that triggered the most emotion- they're the ones you most need to hear. Imagine lovingly hugging your 5 year old self as you say them.